

## Showing in February



**Feb. 2nd-8th** **Hidalgo** **2004** **PG13**  
**2 hours 16 mins** **Desert Adv/Western/Drama/Action**  
In 1890, a down-and-out cowboy and his horse travel to Arabia to compete in a deadly cross desert horse race. Stars Viggo Mortensen and Omar Sharif



**Feb. 9th-15th** **Apollo 11** **2019** **G**  
**1 hour 33 mins** **Documentary/History**  
A look at the Apollo 11 mission to land on the moon led by commander Neil Armstrong and pilots Buzz Aldrin and Mike Collins.



**Feb. 16th-22nd** **Big Fish** **2003** **PG13**  
**2 hours 5 mins** **Adventure/Fairytales/Drama/Romance**  
A frustrated son tries to determine the fact from fiction in his dying father's life. Starring Ewan McGregor and Albert Finney



**Feb. 23rd-March 1st** **Dog** **2022** **PG13**  
**1 hour 41 mins** **Comedy/Drama/Buddy Comedy**  
Two hard-charging former Army Rangers paired against their will, Briggs and a Belgian Malinois named Lulu, race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Stars Channing Tatum and Ryder McLaughlin

**Residents: If you have any trouble while watching a movie, please get a team member.  
DO NOT TRY TO ADJUST THE EQUIPMENT IN THE THEATER YOURSELF!**

### Fine Dining Room

Hours: Monday—Saturday 11:00am till 7:00pm  
Reservations are required if 5 or more..

Dining Room is closed on Sunday.

Sunday Brunch is served in the Formal Dining Room and  
**RESERVATIONS ARE REQUIRED FOR BRUNCH**

11:00am till 2:00pm

Casual attire/No hats/ No jeans (Jeans ok at Sunday brunch)

### Blue Heron Bar & Grill

Hours: Monday-Saturday 7:00am till 7:00pm

#### Closed on Sunday

Now offering hot breakfast daily,  
new menu items and  
new Grab-N-Go case options!

Casual attire/Sporty/Jeans ok



Follow us on Facebook at [www.facebook.com/SpringHarborSeniorLiving](http://www.facebook.com/SpringHarborSeniorLiving)

Come on in the beautiful Spring Harbor theater and enjoy a movie! Bring your friends and make it fun! Movie shows daily at 2pm and 7:15pm.  
Ask Life Enrichment to start the movie for you!  
After hours, see the Concierge Desk!

# The Current

Visit us at [www.springharborseniorliving.org](http://www.springharborseniorliving.org)

January 2026

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*Spring Harbor*  
AT GREEN ISLAND



Jean Puckett, wife of the late COL Ralph Puckett, stands on Hurley Hill in Ft. Benning, as the new 7' tall bronze statue of her decorated husband is being placed there in his honor. COL Puckett requested to be placed here - where the Rangers are forged and where the newest Ranger-qualified Soldiers and their families would pass under his watchful gaze and respectful salute.

*(See the story inside on page )*

Welcome Home New Resident's:

Dan & Bernadette Murphy Villa # 16

# McDougall's Message

## "Why Community Still Matters"

In a world that moves faster every year, one thing has never lost its value: community. The need for connection, belonging, and a shared purpose remains as important as ever. Community is more than shared walls or familiar hallways. It's the morning greetings that turn into conversations, the friendly faces at the dining table, and the comfort of knowing someone will notice if you're not around. It's laughter during an activity, quiet support during a tough day, and the ease of being among people who understand one another. I see the importance of community every day in the small moments—neighbors checking in on each other, friendships forming over coffee, stories being shared that span lifetimes. These moments may seem simple, but they are powerful. They remind us that connection isn't just pleasant; it's essential. It gives us purpose, belonging, and reassurance that we are never truly alone. Community also has a way of lifting us up. It encourages us to stay engaged, to try new things, and to show up for one another.

At Spring Harbor our leadership team and staff work to create a welcoming atmosphere so that you all can enjoy each other's company. Whether it's a planned event, a shared meal, or an unexpected conversation, each connection strengthens the fabric of our community. As we go about our days, I encourage you to make a connection with a new resident or visit a resident on our Health Center to brighten their day. There are many ways we come together here and the connection between fellow residents is what makes Spring Harbor a home for all. I am continually inspired by the connections I see each day from both residents and staff members. Thank you all for being such an important part in our amazing community!

Shane McDougall



Executive Director  
Shane McDougall

## Mission Statement - The Current Newsletter:

"Our newsletter is a monthly celebration of life in our community – a space to share stories, stay informed, and stay connected. Through updates, reflections, and uplifting moments, we aim to foster a sense of belonging, purpose, and joy for every resident."

## The Spring Harbor Foundation would like to thank the following donors for their contributions:

In Memory of Jim Gates: Cheryl Mortenson

In Memory of Ralph Puckett:

Cheryl Mortenson

In Memory of Janice VanMeter:

Mim Hallock, Norm & Jan Bennett

In Memory of Charles Harbour:

Bill & Judee Turner, Gail Jebavy

In Memory of Joyce Fingerhut:

Tom & Sherry Wade, Mim Hallock, Erwin Key, Sheron Williams

In Honor of David Durant: Bill Edwards

Legacy Society: Gib & Freddie Richardson

In Honor of Jeanne Puckett:

Bill Edwards

In Honor of Betty Thompson:

Bill Edwards

In Honor of Year 2026:

Erwin Key

In Memory of David Durant's cat, "Camille":

Barbara Waller, Norm & Jan Bennett

Foundation General Fund:

Karen Wylie, Bill & Nell Scrantom, Chris Weaver, Phil & Sharon Engstrom, Erwin Key, Butch Deaton, Monty Thorne, Flo Lipham

# Trivia Answers

1. Jane.
2. Lions.
3. Goats.
4. Scotland Yard.
5. Hydrophobia.
6. Hello / goodbye.
7. The ear
8. New Jersey.
9. Leopard.
10. Isaac Newton.
11. Scotland.
12. Beagle.



## Childhood Days

From Norm  
Bennett

Running through the sprinklers,  
chasing down the ice cream truck,

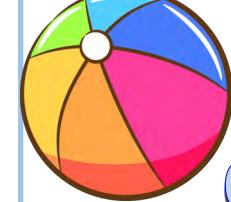
riding bikes with friends in  
the neighborhood, swinging so  
high that the poles lifted up out of  
the ground, picking plums and  
catching fireflies!

No internet, No cell phones, No iPads,

No laptops, No social media, and we  
headed home when the street lights came on!

Those were the best summers of my childhood,  
How lucky I was to have grown up before  
technology took over the world!

## Residents vs Staff Chair Volleyball Game



### Look Out Bowlers!

To all the residents that are in our  
Wii Bowling Leagues! Look out for this team!  
The Alley Cats are starting off with a BANG!  
L-R are: Dot Stotser, Judith Degenhaar and  
Martha Hill. Dot almost bowled a PERFECT game



at 299!  
Judith also  
did great  
with 289  
points and  
Martha was  
close with a  
257!! Keep  
your eyes on  
this team!

Join everyone in the Event Center on Wednesday,  
February 25th and watch the residents challenge  
the employees to a great game of chair volleyball!

**RESIDENTS ARE THE RED TEAM  
STAFF ARE THE BLUE TEAM**

Everyone please try to wear a shirt in the color of  
THE TEAM you represent!  
Be at the volleyball court at 2:15  
to play, or just to watch and cheer them on!  
Game starts at 2:30!

# February Birthdays



Cheryl Mortensen	3rd
John Hargrove	5th
Alice Barlow	6th
Beth Loftin	6th
Beth Thrift	7th
Susan Halmrast	10th
Linda Brannen	11th
Beth Brooks	11th
Leroy Paul	11th
Joan Scott	11th
Sally Gates	14th
Raylene Parker	17th

Joan Camp	19th
Erwin Key	19th
Bill Burgess	20th
Pam Kopec	21st
Kay Winn	22nd
Seth Harp	26th

Early March B-days:

Mike LaFramboise	1st
Judith Degenaar	3rd
Marylu Stone	3rd
Aki Kan	4th

If your birthday is in the month of February, you and one guest may join us on the third Thursday of the month for cake and champagne! Join us in the Arts & Crafts Room on Thursday, Feb. 19th at 2:00pm

## January Birthday Party



Special thanks to Brenda Hamby and Synovus for providing us with our beautiful birthday cake!

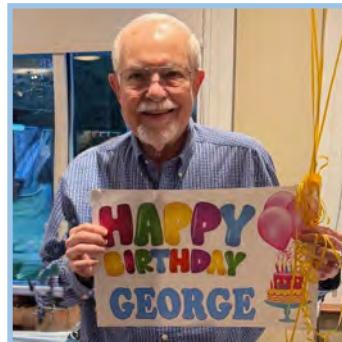


L-R are: Lucy Tresp, George Stewart, Sam & Lee Miles, Jim Hollander, Sonny & Pat Gill, Betty Myrtle, Betty Brantley, Betty Nicholson, Gail & Mike LaFramboise and Deborah Edwards.

George Stewart Celebrates His Birthday with friends in the Blue Heron



**YOU KNOW YOU'RE  
GETTING OLD WHEN  
A RECLINER AND A  
HEATING PAD IS  
YOUR IDEA OF A  
HOT DATE**



**Reminder to All Pet Owners at Spring Harbor:** You MUST pick up your pet's waste! There are pet waste stations all over our community. Please dispose of the dirty bags in the pet waste station cans. **DO NOT** bring dirty bags back into the building to throw away!



## Welcome to Council Corner YOUR monthly news, from YOUR Resident Council

### Happy New Year!

It is hard to believe we have had two years of snow in January in a row but lucky to have it melt quickly this year.

As we begin 2026, the Resident Council remains dedicated to supporting Spring Harbor's mission of excellence. The Resident Council serves in an advisory capacity and provides meaningful input to Spring Harbor's management. However, the true strength of our community lies in active resident participation.

### Your 2026 Spring Harbor Resident Council



George Stanton, Karen Wylie, Adleyn Scott, Norm Bennett, Sandee Scruggs, Sam Miles, Barbara Waller, Will Sanders. Mike Hill, Rosemary Addison, Judi Ebert, Jim Hutcheson, David Durant, missing-Gib Richardson.

Resident engagement is essential—by attending forums and sharing your perspectives, you help shape decisions and drive positive change. Your voice matters and is vital to the continued success and improvement of Spring Harbor. Your input helps shape the future of Spring Harbor. Let's work together to make 2026 a successful year for everyone.

### February Forums/Town Hall

Feb. 4<sup>th</sup>: SH Operations (Building/Security)/Housekeeping/Grounds: 10:30, Arts & Craft Room

Feb. 5<sup>th</sup>: Dining: 2:00, Event Center

Feb. 6<sup>th</sup>: Resident Connections-Activities/IT/Welcoming: 10:30, Arts & Craft Room

Feb. 17<sup>th</sup> Town Hall: 10:30, Event Center

*Sandee Scruggs, Chair, Spring Harbor Resident Council*



### Chef Marc Says Goodbye!

Our amazing and talented Chef Marc is engaged and taking his family to live near family in New Jersey! We love you Marc and we all wish you and your family the best in your new journey! Spring Harbor was so fortunate to have Marc with us for years and he certainly will be missed by the residents, his team members and all the staff. Spring Harbor is grateful for all that Chef did for our residents, their families and our staff!



## Foundation News

### Celebration time, come on!!

*There's a party going on right here  
A celebration to last throughout the years  
So bring your good times and your laughter too  
We gon' celebrate and party with you!!  
Kool & The Gang – 1980*



Shane McDougall & Frank Comer



Doug & Lisbeth Thom



Dave & Sue Halmrast



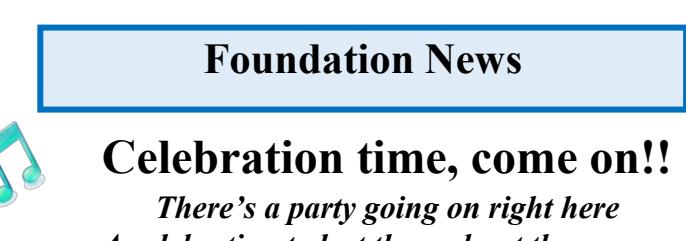
Spouses & Mim Hallock



Bob Ammerman & Sandee Scruggs

Thank you for your support of the Spring Harbor Foundation

Residents Helping Residents



Shane McDougall & Frank Comer



Doug & Lisbeth Thom



Dave & Sue Halmrast



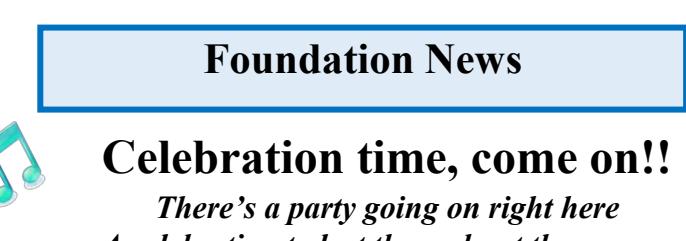
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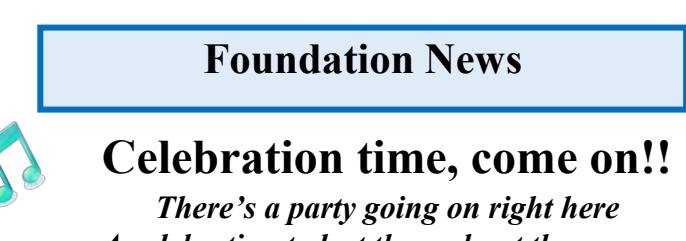
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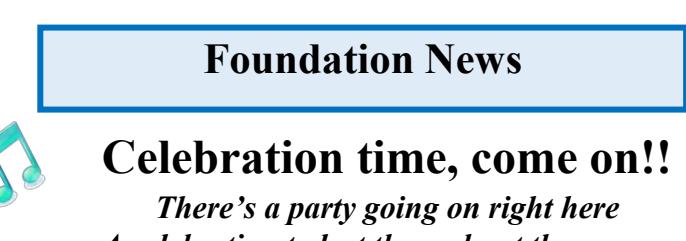
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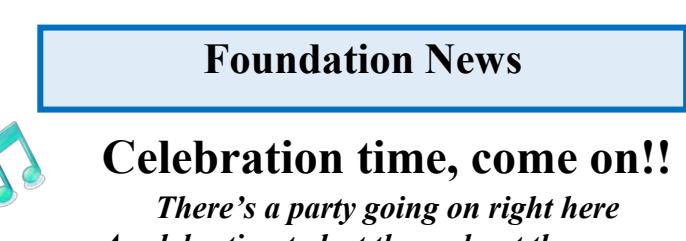
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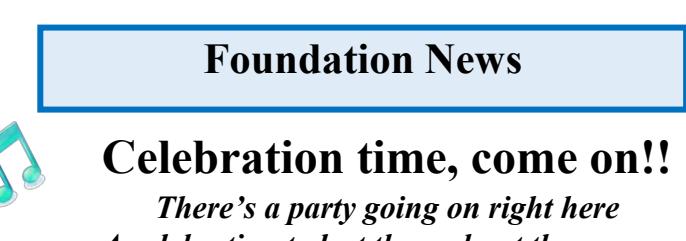
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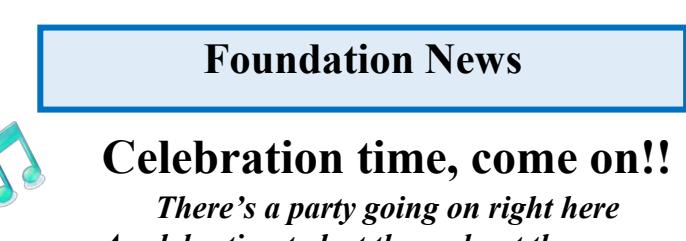
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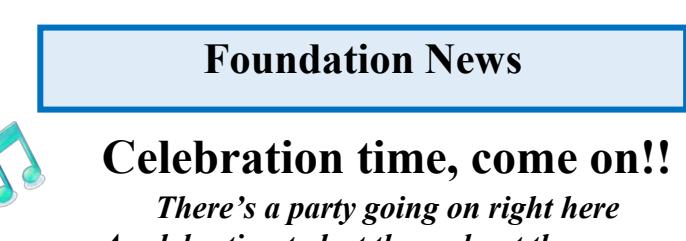
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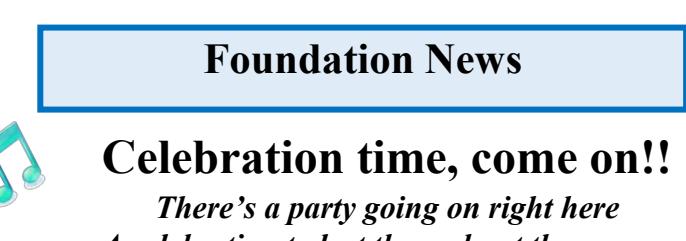
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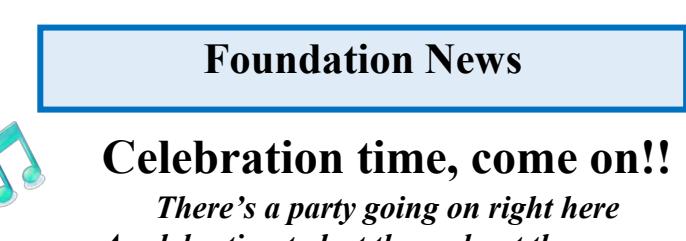
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Shane McDougall & Frank Comer



## New Providers Join Piedmont Columbus Regional

Piedmont proudly welcomes vascular surgeon **Robert Heidepriem III**, M.D., FACS, RPVI. He completed a general surgery residency at Baptist Health in Birmingham, and a vascular surgery fellowship at the University of Tennessee at Memphis. Dr. Heidepriem's specialties include hemodialysis access, peripheral vascular disease, peripheral artery disease, abdominal aortic aneurysm, deep vein thrombosis and carotid endarterectomy. He is accepting new patients at Piedmont Heart Institute of Columbus, joining **Trey Keadle**, M.D., at that location.

Piedmont Columbus Midtown welcomes critical care surgeon **Lois Sakorafas**, M.D. She completed her residency in general surgery at Montefiore Medical Center in New York. Dr. Sakorafas has also completed fellowships in acute trauma care surgery, surgical trauma critical care and cardiac surgery crucial care. She has over 20 years of clinical and surgical experience and earned a robotic technology training certification with hospital robotic privileges.

Piedmont Physicians welcomes **Njoud Jweihan**, M.D., back to the Piedmont family. Dr. Jweihan completed a family medicine residency at Piedmont Columbus Regional. She earned her medical degree from American University of Integrative Medicine, St. Maarten/Atlanta. She is accepting new patients at Piedmont Physicians at Stadium Drive, joining **Dennis Harden**, M.D., and **Siraj Abdullah**, D.O., at that location.

Piedmont Physicians welcomes **Vipin Mathew**, D.O. He completed a family medicine residency at McGaw Medical Center of Northwestern University in Chicago. Prior to becoming a physician, he worked as a critical care respiratory therapist. Dr. Mathew's clinical interests are musculoskeletal-related injuries and believes healing begins with listening and treating every patient as a whole person. He is accepting new patients at Piedmont Physicians at Riverchase, joining **Daryl Ellis**, M.D., at that location.



**Robert Heidepriem**



**Lois Sakorafas**



**Njoud Jweihan**



**Vipin Mathew**



## Watercolors of Historic Georgia Churches Return, Plus One

In mid-January, all 10 of Gloria Sampson's paintings of historic Georgia churches were rehung on the Third Floor of Spring Harbor's Independent Living wing near the door to the Swimming Pool. There is now an exciting new 11th painting of the Infantry Chapel at Fort Benning hanging on the same hallway, in between the Card Room and the Billiards Room. The paintings are "on loan" from the Gloria Sampson Collection in the Columbus State University Archives on the CSU main campus. They were re-photographed for an upcoming book



containing photographs of the whole Sampson collection of 103 paintings, which is to be printed soon by the CSU Press.

### The Golden Gallery

Last chance to view "The Art of David Durant" exhibition in the Spring Harbor's Golden Gallery. Come experience this breathtaking landscape exhibition in the Golden Gallery on the third floor hallway near the doctor's office and viewable every day at any time! This exhibit ends Feb. 28th.



*Charles Harbour  
Kathleen Jahosky*



*David's late cat, "Camille"*

### New Resident Spotlight: Donovan & Wilma Graham Apartment #756

The Grahams moved to Spring Harbor from Fairview, North Carolina. He is a retired college professor, Dean and Chaplain and now directs a ministry called Space For God. She is a retired administrative assistant/office manager at the college where he worked. They have two sons in Columbus, a daughter in Chattanooga and another one in Little Rock. They also have 15 grands and great grands. Donovan's hobbies

include the outdoors, wood working, music and reading and Wilma enjoys cooking, reading and hospitality. They previously lived in Iceland doing missionary care. They were responsible for the spiritual nurturing and care for missionaries in various European and African countries and were able to be in places in the world they never could have imagined. Donovan says "our life has been a long series of great opportunities and adventures orchestrated by God, and that they happily wait for whatever he has for them in their remaining years.

*Please give Donovan & Wilma a very warm welcome!*



# Did You Know:



**Did you know.....** That Spring Harbor's own David Durant will be teaching a Calligraphy writing class?!  
Yes he will, and we are super excited!  
Keep reading The Current and the monthly calendar for more details coming soon!

**Did you know.....** That there is a National Umbrella Day in February?! Yes and we are going to have some fun with it! We will be taking a very special BIG GROUP UMBRELLA PHOTO of everyone holding their own umbrella. (similar to the one pictured here), All you have to do is grab your most colorful or most unique umbrella, and show up for the photo! Pat will be on the BALCONY in the EVENT CENTER on Tuesday, Feb. 10th at 1:30pm with her camera and she will need everyone to gather below for the photo. Please go out the front lobby door, go to the right and stand near the flag pole where she can see you from the 3rd floor balcony. She will instruct everyone when to open your umbrellas and we will make a beautiful spring photo! It's going to make a really unique photo and maybe Pat can send it to the Ledger Enquirer and ask them to print it in the paper!



Were going to need many people to participate to make the photo look great!



**A Note From Greg Camp. .... Did you know....** When I moved into Spring Harbor last April, I was already aware of the Employee Gift fund as my mother had been a resident until 2019. Each year in December we would write a check for the wonderful service she received throughout the year. I assumed we would do the same until I talked to a friend who had moved here a year earlier. He suggested we make monthly contributions to the fund and that seemed like a good idea as it spreads out their well-earned annual bonus over 12 months. As an example, if a resident wished to make an annual gift of \$600, they would set up an auto draft for \$50 per month to cover their desired gift. A couple would make a \$100 per month auto draft that would cover both residents.

Should a resident wish to have their monthly contribution bank drafted directly from their account, it is very easy. If a resident has a Synovus account, you simply need to go see Brenda in our lobby branch and she will set it up for you. If you have an account with another bank you can set up a bill pay auto draft and have it sent to the address below. It will be forwarded to Brenda as she handles the Spring Harbor Employee Gift account.

Spring Harbor Employee Gift Fund

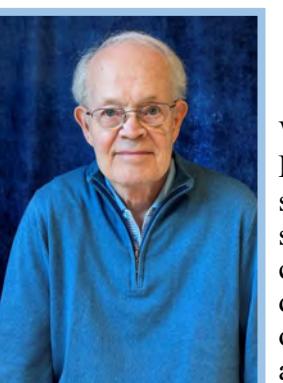
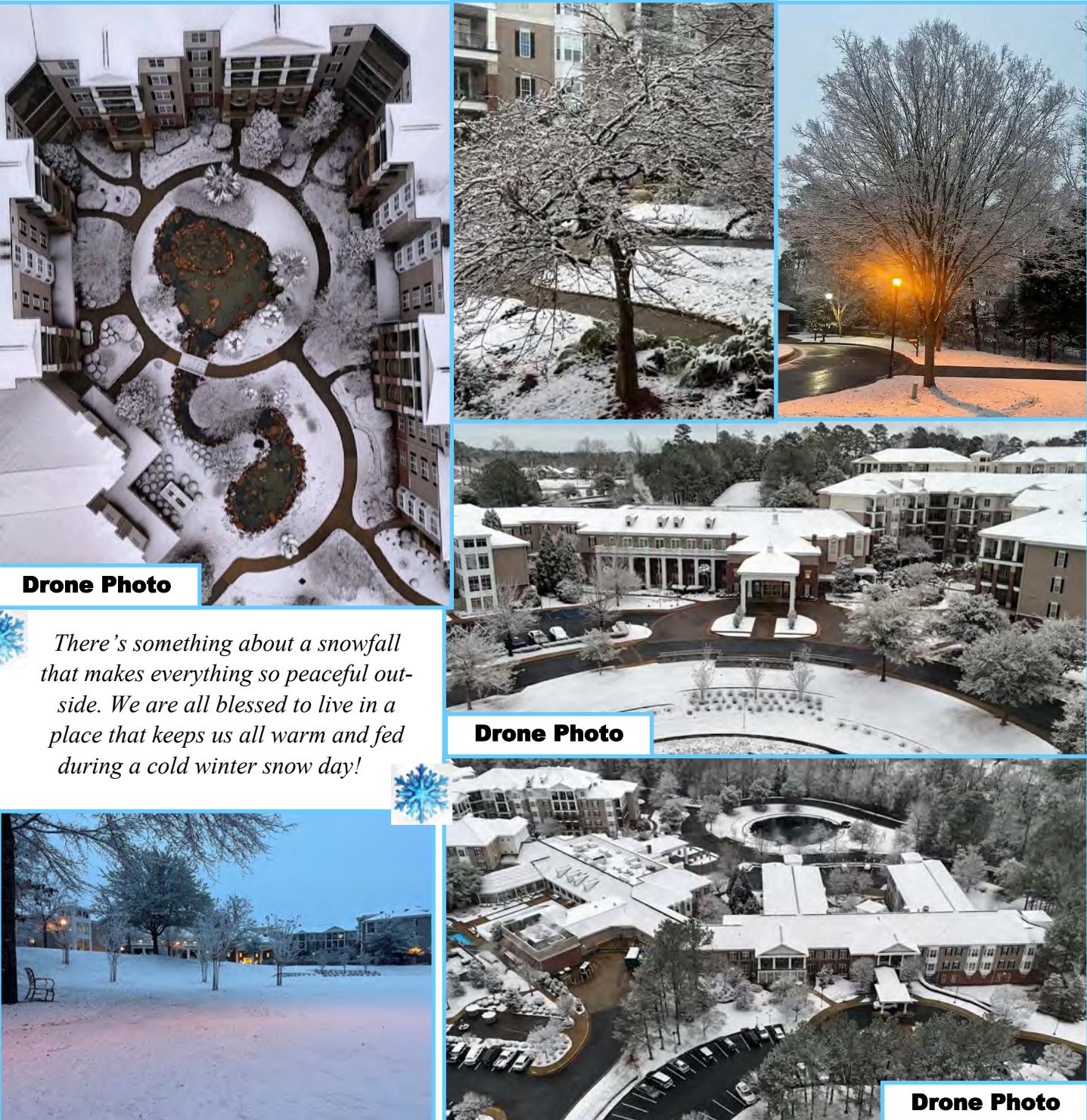
100 Spring Harbor Drive

Columbus, GA 31904

**Did you know....** Our own resident Fran Watt, has been creating and updating a unique book titled; *Spring Harbor Remembering Book*, since 2014. The book is kept in our Lobby, in the Men's Parlor. The pages are filled with names of residents who are no longer with us.

It's for you to remember good conversations with interesting, accomplished friends from varied backgrounds, and appreciate the times and fun events with those friends at Spring Harbor. Reflect upon our good fortune to have known each and every one of them. Please stop by and view the book that Fran has worked on for years. Fran is retiring from this project and residents Phil & Trish Burgess will be taking the book over, to update it regularly and will continue to carry on its legacy.

*Special thanks to Fran Watt for creating this legacy for Spring Harbor~*



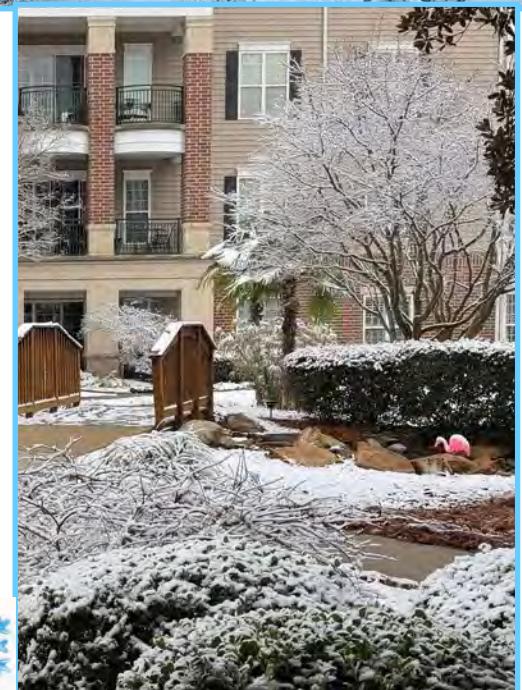
**Congratulations To Our WAM (Wellness Ambassador of the Month):**

We are thrilled to celebrate our very first Wellness Ambassador of the Month, Mr. Carl Wallman! Carl is a great sport who always brings a positive attitude and a sense of fun to everything he does, no matter the challenge. Carl participates in strength and conditioning three times per week, mobility and balance twice per week, cornhole, and walking with his wife Linda. His advice for fellow residents: "The discipline of participating in wellness classes is important. Showing up to activities not only helps me physically but also creates a strong structure for my day." Fun fact about Carl, he once water-skied slalom style using a canoe paddle!



## Snow Day

THANK YOU to everyone who sent the pretty snow day photos in to me! I wish I could have printed them all! I think these are the most beautiful ones! *Pat*



## Good Stuff:



**Birthday Fun!**  
Margie Cain hosted a group of friends at her home to celebrate the birthday of Lee Miles!

**Perfectly Pink!** Gail Jebavy's pink amaryllis is beautiful!

Margie Cain can now be called "Great grandmommy" by her first granddaughter's new baby, Harper Anne Parrish from Orlando, Florida.

**Put on your Mardi Gras outfit on!**

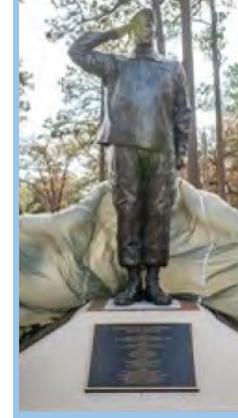
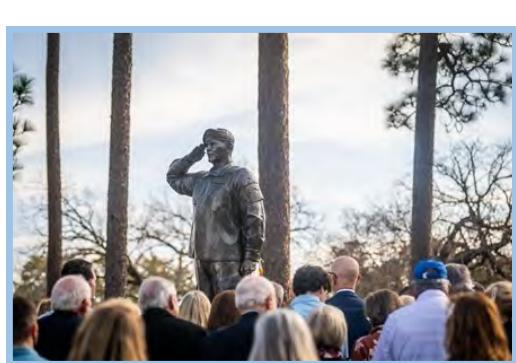
**Mardi Gras Party**

**Fat Tuesday ~ February 17th**  
**7:00 till 9:00pm**  
**Event Center**

**DJ Rob will be with us to fill the dance floor with good music!**  
**A King & Queen will be named!**  
**There will be King Cake, snacks and the bar will be open!**

## Ft. Benning Hosts Ceremony to Dedicate Statue of Ralph Puckett Jr.

FORT BENNING, Ga. — A life-size statue of the late [Col. Ralph Puckett Jr.](#) was unveiled during a ceremony at Fort Benning on Nov. 25, 2025. The seven-foot-tall, bronze statue on Hurley Hill, overlooking Victory Pond, depicts him in Army duty uniform rendering a salute. This depiction was not chosen at random, and neither was the statue's location. Retired Col. Robert Choppa, president of the National Infantry Foundation — which spearheaded the memorial's construction — recalled Puckett wanted his likeness to be in the place where Rangers are forged and where the newest Ranger-qualified Soldiers and their families would pass under his watchful gaze and respectful salute. All current and future Rangers who pass through Fort Benning will now see a living reminder of what it truly means to embody the Ranger Creed, that “**Rangers lead the way**,” Choppa said.



For Jeannie, the permanent physical commemoration of him is one of the most meaningful additions to his long list of honors and awards. “This statue is an exact replica of my husband,” Jeannie said. “It is an amazing monument to the man he was and what he dedicated his life to.” Weeks before his passing, Jeannie said Puckett brought up the possible memorials: the likeness of him planned for inclusion in the Korean War Memorial, and the crowd-sourced commemoration at Hurley Hill. Jeannie said Puckett, thinking two statues would be too many, preferred the one overlooking Victory Pond. Jeannie recalled sharing her concerns that this statue’s remote location deep within a wooded area of the installation might mean it would not be seen by as many people. In comparison, millions of people visit the National Infantry Museum each year and their memorial would even be lit at night. Puckett was undeterred for one heartfelt reason. “He looked at me and said, ‘Jeannie, over the last 12 years I’ve been out there at two and three in the morning every six weeks at the beginning of the Ranger Course. I’ve been there with the gnats and mosquitoes when it was hot and humid; I’ve been there when it was raining and I was soaking wet. I’ve been there when it was freezing cold and my hands were numb, but that’s where I want to be. I’m not worried because the Rangers have my back.’”

Note: Jeannie worked with Sean to try and get a bus to go to the ceremony but unfortunately there was no way we could take a bus trip for the residents because of the ground terrain where it is placed.

To read the article in its entirety, please go to [www.army.mil/article/289283](http://www.army.mil/article/289283)

Click on the article titled: Ft. Benning Hosts Dedication Ceremony for statue of COL Ralph Puckett Jr.

If you receive the Columbus and the Valley magazine, they have a 5 page article this month on the Puckets and it's a very nice read.

## EMPLOYEE GIFT FUND

### Wanna Tip an Employee?

Spring Harbor doesn’t allow tipping, but if you’re anything like me, you often wish you could do something special for an employee who goes above and beyond. Starting this month, the Employee Gift Fund is stepping in to help.

For a \$50 gift, the employee you choose will receive a personal letter of appreciation — just between the two of you. Nothing will appear in The Current or anywhere else.

We hope many of you will join in. This program not only encourages our staff to continue delivering exceptional service, but also adds to the year-end bonus pool. Many residents already contribute \$500 annually, and this extra \$50 recognition will be a wonderful addition.

If you’d like to participate, stop by the Synovus Office today.

Norm Bennett

### Happy Employees Mean Happy Residents

#### DON'T MISS THIS UNIQUE OPPORTUNITY

The silent auction for the beautifully framed, numbered, and signed edition of Bruno Zupan’s *Studio Window* opens February 2. All residents are welcome to participate. The artwork is currently on display outside the Life Enrichment offices. The bidding sheet will be located next to the painting on the 3rd floor.

- Opening bid: \$500
- Bid increments: \$50 or more
- Auction ends: February 16
- Proceeds benefit: all Spring Harbor Employee Gift Fund



#### Play Mah Jongg! It's good for your brain.

The Spring Harbor Life Enrichment staff has always tried to provide a variety of activities to entertain us and occupy our time in positive ways. One of these activities, Mah Jongg, is in danger of being discontinued due to insufficient interest. We have only five players who play regularly, and some of us often have other obligations and conflicts which take priority. It takes a minimum of three players, and four is preferable, so we really need more players. A number of residents have expressed an interest in learning this game, but they never show up to play. The usual excuse is “it’s too hard for me”. This is unfortunate because lifelong learning is vital to remaining mentally alert and functional. We have lots of activities which improve and maintain your physical health: the gym, yoga, exercise classes, and Wii bowling. We also need activities which maintain our brain health. Bridge, jigsaw puzzles, and crossword puzzles are good for mental exercise, but Mah Jongg may be superior to all of these. Studies indicate that playing Mah Jongg may actually prevent or stall mental decline: dementia and Alzheimer’s disease. It also may reduce depression, boost self-esteem, and support memory.

Mah Jongg is scheduled twice a week, on Tuesdays and Thursdays at 7:00 PM in the 3<sup>rd</sup> floor Card Room. It does take a few weeks to become familiar with all the rules, but that’s the thing that gives your brain exercise. We guide you through each step. The game is played with tiles similar to dominoes. We do not play for money. We invite everyone interested, to come and watch. If you would rather organize a group to play in the daytime, contact me and we can see if we can plan something. I am in the UniGuest app, resident directory.



Stephen Johnson, Apt.# 662

Keep Up  
The  
Good  
Work

